**Eastern LawFit Challenge**

**Wednesday, October 15, 2014**

@ Virginia Beach Law Enforcement Training Academy

* 1600 - 1700 Registration and Weigh-in

* 1700 - 1730 Opening Ceremonies, Welcome & Introductions,

Moment of Silence, National Anthem

* 1730 - 1800 Rules Interpretation

**Thursday, October 16, 2014**

Site TBD

* 0830 - 0900 Check-in/warm up
* 0900 - 1330 Event Testing

1. Bench Press Competition

2. 1 minute timed sit-ups

3. Sit & Reach

 4. Pull-ups

* 1730 - 1830LawFit Social (site TBD)

**Friday, October 17, 2014**

* 0730 - 0800 Check-in
* 0800 - 0900 1.5 mile run (TBD)
* 0900 - 1030 Change time/Team Pictures
* 1030 - 1100 Suspect Pursuit Walk-through & Practice
* 1100 - 1400 Suspect Pursuit Competition
* 1700 - 2100 Dinner/Awards Banquet (site TBD)